

Introduction to Mahamudra Shamatha-Vipashyana Meditation

Rime Shedra Practice Workshop, May 6, 2023

Readings

- 1) Mahamudra: The Great Seal, *Wild Awakening: The Heart of Mahamudra & Dzogchen*, by Dzogchen Ponlop, excerpted from pp. 21-38
- 2) Shamatha, from *The Path: Shamatha and Vipashyana, King Doha: Saraha's Advice to a King*, translation and oral commentary by Traleg Kyabgon, from pp. 24-30
 - a) Right Attitude
 - b) Letting go of the Running Commentary
 - c) Maintaining Awareness Whether the Mind is Stable or in Movement
 - d) Strengthening our Awareness
- 3) The Three Qualities of Shamatha, from *Comments on Longchenpa's Final Testament, Immaculate Light, in The Fearless Lion's Roar: Profound Instructions on Dzogchen, the Great Perfection*, by Nyoshul Khenpo Jamyang Dorje, translated by David Christensen, pp. 39
- 4) The Instruction on Stillness, Occurrence, and Awareness in Mahamudra, by Mipham Rinpoche, from *Perfect Clarity: A Tibetan Buddhist Anthology of Mahamudra and Dzogchen*, translated by Erik Perna Kunsang, Pages 69-70
- 5) Mahamudra: Dispelling the Darkness of Ignorance, by Wangchuk Dorje, The Ninth Karmapa, In *Moonbeams of Mahamudra by Dakpo Tashi Namgyal with Dispelling the Darkness Of Ignorance by Wangchuk Dorje, The Ninth Karmapa Translated, Annotated, and Introduced by Elizabeth M. Callahan*
 - a) Preliminaries: Four Reminders
 - b) Shamatha: Posture, Resting without Support, Three Levels of Resting
 - c) Vipashyana: Looking with Stillness and Looking with Movement
 - d) Conclusion: Strayings, Progression Schemes, Advice, Fruition